

Running Record

Teeth

Level 14

Reading time: 1:51

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Teeth grow in our mouths. You can see part of a tooth, but not all of it.

Without teeth, you couldn't bite, cut, or chew your food. We could only drink or eat mushy food. Teeth come in different shapes and sizes. Baby teeth fall out so that bigger teeth can grow in.

The crown is the part of the tooth you can see. The crown is very hard and protects your tooth.

You can't see a tooth's root. Its inside the skin or gum. The root keeps your tooth in place.

It's important to take care of your teeth. Brushing after each meal is best. Have your teeth checked by a dentist twice a year.

Don't eat snacks with sugar. Eat fruits and vegetables instead. Also, drink lots of milk. Take care of your teeth now. You'll help your teeth stay healthy for the rest of your life.